

FFSC Newsletter

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People you don't know, appreciate what you do

By Ken Cronk, FFSC

November being Military Family Appreciation Month, consider for a moment, "Just who appreciates military families?" Well, lots of groups and individuals do, of course, including other family members, your chain of command, elected representatives, veterans' groups, and the list goes on. There is appreciation from another group that doesn't get much attention down here at the grass-roots level, though, and that is from the highest level of our government. It includes the past presidents, President Bush, our lawmakers and citizens, plus leaders at the highest levels of DoD and the Navy.

Their work over the years has been transformed into what most of us now know as Quality of Life programs. Their efforts encompass improvements in health care, child care, housing, pay, and allowances, and have been the driving force behind the creation of every program and service offered through Fleet and Family Support Centers around the world.

Personnel needs drive QOL programs

But, some of the changes in the way leaders now show military families how much they are appreciated didn't come about out of the goodness of any high-level government hearts. Some of the initial changes, especially pay raises, were put in place mainly to keep enough people in uniform following the end of the draft in 1973.

Other improvements, driven by emerging needs of the all-volunteer military, began to pick up steam in the late 70s. There was no choice but to change because, suddenly, the defense department was competing against the private sector for bodies to fill its ranks and pay alone was not enough.

The profile of the majority of those in uniform used to be: 18-25 years old, high school graduate, male, and single. Without the draft, there simply weren't enough of these to go around, so that meant more change was coming.

Part of that change

is summed up in Government Accounting Office Report 02-935, Active Duty Benefits.^{*} It addresses changes to the active duty force since 1973, noting that, "It has become older and better educated, it has experienced increases in the representation of minority and female service members, and a greater proportion of its service members are married and have children." DoD estimates that in 1973, about 40 percent of service members were married. Today, there are nearly 700,000 spouses for the 1.2 million active duty members and they have 1.2 million children.

Rumsfeld: "...forge new compact with warfighters..."

This was no aha! moment for our leaders. They were aware throughout the 80s and 90s that military demographics were changing and many of them fought for money and other resources to recruit and retain quality forces. Today, the fight for people continues and the competition from business, industry and colleges is fierce.

Today, there seems to be a growing realization that providing benefits and support for the families of military members is more than just a way to attract and keep enough people in the force. There is the realization that showing appreciation for the families by providing programs and services actually improves the quality and performance of that force. In his 2001 Quadrennial Defense Review, Secretary of Defense Rumsfeld stated, "...the Department must forge a new compact with its warfighters and those who support them."

What has emerged most recently from Secretary Rumsfeld's charge, years of studies, experience, money, legislation and new regulations is a report called, formally, A New Social Compact: A Reciprocal Partnership Between the Department of Defense, Service Members and Families. You can read it on the web site of the Military Family Resource Center at <http://www.mfrc-dodqol.org/socialcompact/>.

So what does all this have to do with Military Family Appreciation Month? Well, sometimes we forget (or don't know about) the things other people do to show their appreciation. If you come home and there's a band on the pier or a parade down main street with you in the convertible, the "you are appreciated" message is pretty clear.

Plenty of appreciation For military families

Sometimes, though, it is important to know that there are a lot of people whose names we'll never hear, and whose faces we'll never see, and that they work very hard to make sure



DoD's social compact aims to spell out the "...fundamental reciprocity exchange that exists between the service member, his/her family and the Department of Defense."

(Continued on page 4)

Programs:

If you need special accommodations to participate in any FFSC program, please notify the listed point of contact.

PARENTING

Prenatal class

The Prenatal Class meets Wednesdays from 2-3:30 p.m. in the FFSC 2nd deck classroom. Call 688-3603 for Colleen at ext. 201 or Nancy at ext. 206.

Healthy pregnancy/

Healthy baby

The focus is on the childbirth process and breathing techniques used during labor. Begin attending this class during the seventh month of your pregnancy. The next class meets on Jan. 8, 15, 22, 29 and 5 and 12 Feb. POC is Colleen at 688-3603 ext. 201.

Infant playgroup

The Great Lakes Infant Minnows Playgroup meets Thursdays from 10-11:30 a.m. on the FFSC's second floor. Come join other mothers and their newborn to walker babies. Learn what to expect over the next few months. Colleen is the POC at ext. 201.

Glenview infant and toddler

The Guppies meet Thursday from 10-11:30 a.m. in the Community Room. There is one class for newborns to walkers and one for walkers to 2-1/2 years. Call Lynn at ext. 207 to register.

Toddler playgroup

The Sea Otters meet on Tues. from 10-11:30 a.m. in the FFSC second floor classroom. This is for children from walking age to 2-1/2 years of age. Call Colleen at ext. 201 to register.

3-4 year old playgroup

The Dolphins meet every other Monday from 10-11:30 a.m. in classroom two on the second floor of the FFSC. This class features crafts, music and other activities to foster parent/child relations. The POC is Lynn at ext. 207.

Visits and consults

New Parent Support offers in-home visits and office consults to meet the needs of new and expectant families. Contact one of the staff at 688-3603 ext. 201 to make an individual appointment.

Prenatal Indoctrination

Having a child is, among other things, a long learning process (just ask anyone who's been pregnant) and the earlier the process is started, the better the experience will be for the entire family.

The Fleet and Family Support Center (FFSC) has a special program for women who plan to have a child or have recently learned that they are pregnant. Prenatal Indoctrination provides information about what will happen during the first few weeks, what to plan for during and after delivery, and what support is available for the family throughout the process.

You'll learn about special considerations for transferring with an infant, making a Family Care Plan (if mother is active duty), choosing the right kind of car seat, signing up for WIC benefits, and much more.

Prenatal Indoctrination is a great way to get an early start on building a network of friends for yourself and future playmates for your child. For more information or to sign up, call Lynn at 688-3603 ext. 207. Classes are on the first and third Wednesday of every month.

Anger Impulse Control

Four sessions in this class-- Tuesdays, 11/18, 11/25, 12/2 and 12/9, noon to 2 p.m., 2nd deck, FFSC.

This class helps examine the sources of anger and its triggers, and explores ways to bring about behavior changes. Participants will learn new skills to address their concerns. Call Colleen at 688-3603 ext. 201 to register or to get more information.

Active Parenting Today

Four sessions in this class-- Thursdays, 11/13, 11/20, 12/4 and 12/11, noon to 2 p.m., 2nd deck, FFSC.

Active Parenting is a basic parenting class that will help improve, validate or change parenting behaviors. Teaching is through discussion, video and the experiences of the participants. Skills needed for children from birth through adolescence are included.

Call Colleen at 688-3603 ext. 201 to register or for more information.

Parent Seminar

Maybe you grew up in a home where there was a lot of fighting; maybe you live in one now. Did you know that the effects of domestic violence on children can last a lifetime, whether they are witnesses or victims? You can learn more about how violence affects children now and into their adult life at the FFSC's Parents Seminar.

The seminars will be on the third Wednesday of every month in Bldg. 42. Call 688-3603 ext. 134 for more information or to sign up. The remaining classes for the remainder 2003 are Nov. 19, 4-6 p.m and Dec. 17, 10-noon.

Boot Camp for Dads

The FFSC's New Parent Support Program is offering this education program for soon-to-be first time fathers on Nov. 13 from 6-9 p.m. in Bldg. 42. Taught for fathers by fathers, Boot Camp enables new dads to step up to the tremendous challenge of being a dad and feeling confident bringing the new baby home. Call ext. 201 for info and sign-up.

LIVING

TAP Program

Service members and spouses who will be leaving the military are encouraged to attend a TAP class within six to twelve months before separation or retirement. This five-day seminar covers topics such as benefits, entitlements, job search preparation, resume writing, and interview techniques.

Contact your command career counselor to make a reservation and to complete DD-Form 2648 (Pre-separation Checklist) and a registration form. Call RayJena at 688-3603 ext. 147 for more information. Both forms are available at <http://www.nsgreatlakes.navy.mil/fsc> on the Transition Relocation page.

Relationship tune-up

Prevention and Relationship Enhancement Program (PREP) © is de-

signed for married or engaged couples who want to learn to make lasting improvements to their relationship.

There are 14 subject areas in the program. They address the handling of issues that are harmful to relationships, as well as making the most of the fun and positive parts.

The Nov. class is from 8:30 a.m. to 4:30 p.m. on the 7th. A December class will be scheduled if there is enough interest. To register or for more information, call Kathy Rettinger at ext. 107.

Relo help in housing

There is now a part-time Fleet and Family Support Center Relocation Assistance desk in the Navy Housing Office, Bldg. 8100. A representative will be available from 8 a.m. to 3:30 p.m. on Mon., Wed. and Fri. to assist arriving or departing personnel.

Get the facts on entitlements, allowances, travel and relocation benefits. No appointment is necessary.

Relocation Benefits and Tips

Workshops: Nov. 18 and Dec. 16 from 2-4 p.m. in the FFSC. Call ext. 100 or 128 to schedule.

WORKING

10 Steps to a Federal Job Mini-Course

This class is designed for service members who are more than six months away from separation or retirement and want an introduction to the federal job application process. It will introduce the Ten Steps Plan, basic writing for federal resumes/KSAs, and touch briefly on the electronic application. Call ext. 129 or 100 to sign up. Classes are from 1-4 p.m. on Nov. 3 and 19, and Dec. 17.

Applying for a Federal Job

This class will be offered for military members on Dec. 10 and for family members on Nov. 14 and Dec. 15. Classes begin at 9 a.m. and go until 3 p.m. in the FFSC. Call ext. 129 or 100.

Resume essentials

Essentials of Resumes and Interviewing will be offered on Nov. 5 from 3:30-5 p.m., and Nov. 12 and Dec. 3 from 11:30-1 (brownbag) in the FFSC. Please call ext. 129 or 100 to sign up for this in-

formational workshop that will boost resume writing knowledge and strengthen interviewing skills. Call ext. 129 or 100.

For job hunters

The Illinois Department of Employment Security (IDES) has office hours in the FFSC for military spouses seeking work in Northern Illinois.

If you are ready to start looking for work, call 847-688-3603, ext. 129, to make an appointment with the IDES counselor. If there is no answer at ext. 129, you may make an appointment with the FFSC Front Desk at ext. 100. The IDES office hours are from 9-11 a.m. on Tues.

GETTING OUT OF THE HOUSE

Spouse Orientation

Newly-arrived families are encouraged to attend a Naval Station Spouse Orientation Session (S.O.S.) in Forrestal Village Chapel. The presentations are given on the second Thursday of every month.

S.O.S. is designed to provide information for new arrivals, and inform them about what services, facilities and recreational activities we have here in Great Lakes.

The sessions are scheduled to run from 9 a.m. to 2 p.m. and include presentations from MWR Department, Housing, the U.S.O., Naval Hospital, Navy Exchange, Fleet and Family Support Center, Security, chaplains, Navy Federal Credit Union, Navy Marine Corps Relief Society, the Red Cross, and ombudsmen.

The session also includes a wind-shield tour of the base and surrounding area. Lunch is provided by the commissary. Contact the front desk of the FFSC, 688-3603 X 100, to make a reservation to attend. More information is available by e-mail at ffsc.greatlakes@cnet.navy.mil.

KEEP YOUR MONEY

Consumer Classes

Consumer classes are from 9-11:30 a.m. in Forrestal Village Chapel. Child care is provided for those attending classes. To sign up, call Fred at 688-3603 ext. 208.

Collection Agencies, Procedures/Bankruptcy--Nov. 4-- How to deal with

collectors if it ever comes to that, the real scoop on bankruptcy, and how it affects your life and career.

Car Buying Strategies--Nov. 18 -- Learn how and when to get the best deal, things to watch out for, and how to get the most out of your car buying dollar.

Building A Better Credit Record--Dec. 2 -- Learn how to get on and stay on the right track with your credit. Learn how credit bureaus and scoring work, and about the effect a negative credit rating has on your buying ability.

Identity Theft--Dec. 16-- Learn how to keep from becoming a victim of the fastest growing crime in America today. Learn the things that you do everyday that may contribute to your becoming the next victim.

Last CFS of the year

The only remaining CFS class for 2003 is 8-12 Dec. Graduates of the CFS course become their command's liaison in Letters of Indebtedness cases, and they provide financial counseling to command members.

CFS is a collateral duty position that requires 40 hours of financial education, provided by the CFS class. Candidates should be E-6 or above and financially stable. Call 688-3603 ext. 147 to request a quota.

Informed Investing... One of our most popular

Take advantage of this **Informed Investing** class from 4:30-6:30 p.m. Wed., 10 Dec. in the FFSC. This class will be conducted by Certified Financial Planner Karen Chan, from the University of Illinois Extension Service.

The class focuses on the language and fundamentals of investing, terminology, and basic theories of investing. No sales pitch. Call 688-3603 ext. 100 or 208 to sign up.

Personal financial counseling

One-on-one financial counseling is always available. If you have credit card trouble, indebtedness or need to learn to make a budget, call Fred at ext. 208.

(Continued from page 1)

military families know they are appreciated. They do it with money, programs, services, legislation, regulations, and their commitment to improve the quality of the lives of military and family members. They have been doing it successfully for the past 30 years and they continue to do it today.

In A New Social Compact, it is clear that DoD appreciates the value of its forces and their families, and acknowledges that the family, properly supported and appreciated, is key. The report states, "The Social Compact recognizes the fundamental reciprocity exchange that exists between the service member, his/her family and the Department of Defense--the performance of each impacts the quality of each."

Appreciation for the military family is important, whether it comes from the veteran or retiree you meet on the street, or from Congress in your new housing allowance.

Both extremes, and everything in between, are ample evidence that today's military family is highly appreciated and valued at every level. Thank you, spouses, children, moms, dads, grandparents and all who have supported our military families.

**You can read or download the GAO report from <http://www.gao.gov/new.items/d02935.pdf>*



DEPARTMENT OF THE NAVY
THE MASTER CHIEF PETTY OFFICER OF THE NAVY
2 NAVY ANNEX
WASHINGTON, DC 20370-2000

23 July 2003

To all Navy families,

I'd like to personally thank you for the superb support you continue to give our Sailors, enabling them to complete the Navy's mission. Many of you make sacrifices in support of your Sailor's service to this country, and it's important for us to recognize the contributions you make to the Navy. Your dedication and commitment makes a huge difference in the lives of many!

It is no small job being in a Navy family. Even though there is no official financial compensation for being a family member of a Sailor, it is one of the Navy's most important support jobs. That is why I am so pleased to recognize and commend you for the tremendous contributions you make to our Navy and our nation.

I am sure I speak for all Sailors when I say thank you. Thank you for your understanding when duty keeps us apart. Thank you for supporting us when times get tough. But most of all, thank you for your love and support that gives us the strength to serve.

Sincerely,

TERRY D. SCOTT

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